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MINIMUM WAGE

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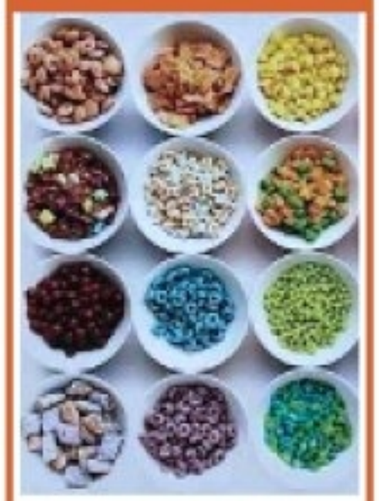
JESSICA ALLEN



HIPSTERS KNOW HOW TO MAKE INSTAGRAMMABLE FOODS, BUT HOW ABOUT SOMETHING I’D LIKE TO EAT?

metroVIEWS

PARA TRANSPO SERVICE *Not good enough*

Long wait times, a cumbersome booking system — this rider wants better from the city’s alternative transit provider

metroNEWS

Para Transpo rider John Redins on Tuesday.
ALEX ABDELWAHAB/METRO

NEWS
Your essential daily news

The Violence Against Women (VAW) program at the WOCRC has been providing support to women and children who live in the Kanata, Goulbourn, West Carleton, Rideau, Nepean, Osgoode and Bay wards.
For more information, please visit: http://www.justice.gc.ca & https://www.wocrc.ca/programs/violence-against-women or call 613-591-3686
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Police service adapting with evolving technology

OPSOC

Investigators hope to expand camera access in the future

Alex Abdelwahab
Metro | Ottawa

As technology continues to change, police services need to adapt the way they investigate.

Seven months ago, the Ottawa Police Service opened a new command centre that uses technology to provide near real-time information to officers on scene.

The Ottawa Police Strategic Operations Centre (OPSOC), at the Greenbank police station, gathers information from sources like social media, security and traffic cameras, past incident reports, and court records.

Insp. Carl Cartwright was asked how OPSOC strikes a balance between privacy and having eyes on the ground.

"We are only accessing things that are available to the public," he responded.

In the future, police want to get access to more cameras, including creating partnerships with external organizations to access private CCTV feeds, Cartright said.

"It's not that we're going to (be) monitoring everything 24/7, but if incidents mandate that we need access to a location, we would have those agreements already set in place," he said.

On Tuesday, police opened the centre to the media.

A look inside the Ottawa Police Strategic Operations Centre (OPSOC) at the Greenbank police station on Tuesday. The centre currently uses technologies such as social media, security cameras and traffic cameras — in combination with incident reports and court records — to provide information to officers on the ground. ALEX ABDELWAHAB/METRO

> We are only accessing things that are available to the public.
> Carl Cartright

How does OPSOC work?

The centre is staffed with a watch commander, an operations support coordinator and crime/intelligence analysts who monitor all of the calls coming into the dispatch centre. They also track the location of police officers in the city on a map.

Cartright said the watch commander is looking for "trigger calls" that may require additional resources. The watch commanders decide if and when OPSOC gets involved.

"It could be as simple as a motor vehicle collision, could be a fatality, could be a missing person, could be a barricaded persons call," he said.

Gun calls, abductions and robberies would also make the cut, according to an Ottawa Police study presented last year to the Police Services Board.

There are about 6,700 of these types of calls a year, or 20 to 25 a day, according to that same report.

CRIME

Robbery suspect sought

Ottawa police are hoping the public can help them track down a man they say was involved in two recent robberies at Glebe pharmacies.

On May 21, at around 9:50 p.m., a man walked into one pharmacy on Bank near Florence and produced a note demanding money. No weapon was seen and the man left empty-handed.

Police say he then went to a second drug store in the Glebe and in that case produced a note and left with an undisclosed amount of cash.

The man is described as Caucasian, 40 to 50 years old with a medium build.

At the time of the robbery he was wearing a burgundy shirt, blue baseball cap, grey pants, black shoes and black-framed glasses.

METRO

HULL

Mother charged in baby's death

A seven-month-old girl in Gatineau is dead and her mother is charged with criminal negligence causing death after emergency crews responded to a home in Hull Monday.

Crews went to the home around 7:15 a.m. Monday morning and while the young girl was rushed to hospital she did not survive.

An investigation is mandatory in such cases when a child dies so young and Sgt. Jean-Paul Lemay with the police said the crown agreed charges were warranted on Tuesday.

He said police were still investigating the case.

"We will get some answers following the autopsy today and there is an ongoing investigation."

Katrina Leigh Hazlett, 28, has been charged with a single count of criminal negligence causing death. METRO

MILITARY

Kanata firm secures navy contract for Chilean frigates

More defence work is coming to the nation's capital after Lockheed Martin Canada secured a contract to replace the combat management systems for three of the Chilean Navy's frigates.

The new CMS for Chile's Type 23 frigates will be developed in Lockheed Martin's Kanata facility, the same location where work takes place on the Canadian Navy's Halifax-class ships and New Zealand frigates. Exact dollar figures of the deal were not disclosed, but a spokesperson for Lockheed Martin says the size is comparable to the $180-million contract with the New Zealand navy.

Last month, Lockheed Martin Canada also announced it had been named one of three international firms shortlisted for a battleships contract with the Finnish Navy.

CMS 330, the firm's flagship product, acts as a co-ordinator for sensors and weapons equipment in ships. It is also being adapted for surveillance uses in Canada's Arctic and offshore patrol ships.

Rosemary Chapdelaine, vice-president for Lockheed Martin Canada Rotary and Mission Systems, said in a statement that the Chilean contract reflects another significant international sale for the made-in-Canada product.

"I am proud to say that our CMS 330 was developed in Canada by Canadians as a result of our 30-plus years of direct experience and knowledge of Canadian and NATO naval operations."

CRAIG LORD/OTTAWA BUSINESS JOURNAL

Minimum wage rising to $15

EMPLOYMENT

Increase to be phased in over two years, Wynne reveals

Ryan Tumilty
Metro | Ottawa

Minimum wage in Ontario will rise dramatically, to $15, over the next two years.

The increase was the centrepiece of a slew of reforms Premier Kathleen Wynne revealed in a campaign-style setting, including ensuring equal pay for part-time workers, increasing vacation entitlements and expanding personal-emergency leave.

"Our plan takes dead aim at the challenges that confront us in this new, uncertain world," she said, citing the Liberals' pharmacare plan, a basic-income pilot project, 100,000 new child-care spaces, and a plan to cool the housing market.

"It puts fairness at the heart of all we do."

Ontario's minimum-wage increase will be phased in gradually. It will rise, as scheduled, from $11.40 currently to $11.60 in October. Then, the government plans to bump it up to $14 an hour on Jan. 1, 2018, and to $15 the following year.

Ten per cent of Ontario workers currently make the minimum wage, Wynne said, and 30 per cent make less than $15 an hour.

Ottawa Acorn Member Aisha Abdunnur works for minimum wage today and has been part of the group's efforts to see it rise.

She said today's $11.40 is just enough to get by on.

"I am living paycheque to paycheque, because it just covers the cost of my living," she said. "My budget right now doesn't even really cover groceries."

She said $15 an hour would make all the difference.

"In order for me to be able to save and pay back my debt and pay for living expenses, it's gong to be really awesome. It's going to help us out," she said.

The Ottawa Chamber was not prepared to comment on the government's announcement on Tuesday.

But when rumours the government was considering a change first came forward earlier this month, the chamber joined other business groups denouncing the move.

WITH FILES FROM THE CANADIAN PRESS

Premier Kathleen Wynne announced a slew of reforms including increasing the minimum wage, equal pay for part-time workers, increasing vacation entitlements and expanding personal-emergency leave. THE CANADIAN PRESS

MAPPED | Common expenses

The cost, in hours worked, of some common necessities (and at least one discretionary luxury) under both the current and coming minimum wage.

AT CURRENT MINIMUM WAGE ($11.40)		AT FUTURE MINIMUM WAGE ($15)
71 hours	Bachelor apartment $812	54 hours
7 hours	One month of diapers $80	5.3 hours
10 hours	Monthly transit pass $113.75	7.5 hours
66 minutes	One movie ticket $12.50	42 minutes

TRANSIT

Motion asks city to consider allowing discounted single fare

People with lower incomes could soon be able to buy discounted individual fares, not just a lower-cost monthly pass.

Mayor Jim Watson announced Tuesday he and Coun. Stephen Blais will introduce a motion at Wednesday's transportation committee to have the city consider a discounted single-fare, much like the current discounted monthly Equipass.

$113.75	$57	$3.40
Current monthly pass.	Equipass for those on low incomes	Current cash transit fare

Watson said the city has had 2,300 people take them up on the monthly Equipass and he's heard a long time that people entering the workforce struggle.

"They get a job and it becomes very expensive to get to the job because of transit fares," he said.

Watson said they also know other people can't afford the $57 monthly pass or may not use transit enough to justify it.

"They may only be working part-time or a couple of shifts or medical appointments."

The Equipass was included in last year's budget and Watson said at the time he wanted OC Transpo to focus solely on that.

"This was a really big logistical challenge, because we had never done anything like this and I didn't want to put too much work on their plate," he said. "You can only juggle so many balls in the air at one time."

Trevor Haché, with the Healthy Transportation Coalition who pushed for the Equipass, said a discount single fare would be a great move for the city.

"We called it a good first step and I would say this is a really good second step," he said.

Haché said they don't have a specific fare in mind, but below $2 would be important for low-income people.

RYAN TUMILTY/METRO

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Para Transpo online system on hold

TECHNOLOGY

Move from phone booking to computers yet to be made

Alex Abdelwahab
Metro | Ottawa

Despite assurances from the city that Para Transpo service will be improved, long wait times and a cumbersome booking system continue to pose problems, according to at least one local rider.

John Redins says it takes too long to book a bus with the phone system and believes an online system would work better.

Para Transpo riders have to call in as close as possible to 7 a.m. the day before they need a ride, and the system is first come, first served, Redins said.

"If you call in within the first two minutes, you get in within 10 minutes," he said.

"But if you miss that two-minute mark past seven o'clock, you're probably waiting 45 minutes to an hour."

He will be meeting with OC Transpo senior management, along with other Para Transpo riders, on Thursday to discuss concerns.

OC Transpo transit operations assistant manager Troy Charter, left, and Para Transpo driver Nick Cummings, show off the new accessible vehicles that replaced the city's fleet in 2016. Sadly, the booking system is not as up-to-date as the fleet. METRO FILE

Earlier this month, the phone line to book buses was down for three days. At the time, Pat Scrimgeour, director of transit customer systems and planning at OC Transpo, told Metroland Media that the system was managed by an outside company and the outage was due to a server error. He said the problem had been fixed.

But the system has gone down again since then, including last Wednesday, according to the OC Transpo's Twitter account

The City of Ottawa would not make Scrimgeour available for an interview, but sent over a copy of memo from May 19 that discussed the Para Transpo issues.

A new Integrated Voice Response that could handle more callers and new Voice Over Internet Protocol (VOIP) phone system had recently been implemented, the memo said, and added that a call-back system would soon be added so customers didn't have to sit on hold.

"Staff continue to explore the concept of online booking for Para Transpo service," it said.

CONVENTION

Review the way leaders win: Tories

Some Conservatives want a review of the party's leadership selection process after Andrew Scheer wound up winning with the support of less than 50 per cent of voting party members.

The Tories used a preferential system to choose a new leader from among the 14 contenders on the ballot. Voters could rank their choices from first to tenth, although they were not required to rank more than one or two if they so desired.

On each ballot, as the least popular candidate was eliminated, his or her supporters' second and subsequent choices were counted; that process of redistributing votes continued until Scheer edged past Maxime Bernier on the 13th and final ballot.

Scheer won with 44 per cent of the 141,000 party members who took part in the leadership vote.

Ontario Conservative MP Peter Van Loan said he prefers the old-fashioned leadership conventions, where party members elect several thousand delegates to send to a convention.

Under that process, candidates can actually personally contact every voter and delegates get a chance "to look at these candidates up front, face to face."

THE CANADIAN PRESS

CHARITY

United Way measuring success by 'lives changed'

Ryan Tumilty
Metro | Ottawa

Local charities say they will adapt to lower fundraising totals from the Government of Canada's workplace program, which seems to have been affected by the Phoenix pay system.

The United Way took in about $5.6 million in the last fiscal year through the program, which automatically deducts donations from employee paycheques.

That's a $900,000 decline from the 2015-2016 fiscal year, when about $6.5 million was raised through the program.

Mike Allen, president and CEO of the Ottawa United Way, said while the technology was working well, they heard some employees were worried about adding contributions because of the issues.

Overall, in recent years, workplace campaigns haven't had the same draw for donors who are looking to hear more of a story about the impact of their fundraising.

He said the organization has changed the emphasis of its efforts from dollars raised to "what we now refer to as lives changed."

By that metric, according to the group's figures, the United Way changed 56,900 lives in 2015-2016 and had a slight drop to 54,900 last year.

> **"The work we are doing is much more effective."**
> Mike Allen

Allen said the United Way is looking into how it can improve people's lives with steps that don't involve money, like encouraging employers to hire workers with disabilities.

"The work we are doing is much more effective in terms of the goal we are achieving," he said.

Allen said the fundraising is still important, of course, but it's not their only goal anymore.

"We want to be measured not by how much money we raise, but by how much change we bring."

$900K

Decline in donations to the United Way through the Government of Canada's workplace program between the 2015-16 and 2016-17 fiscal years.

54,900

"Lives changed" by the United Way in 2016-17, compared to 56,900 in 2015-16.

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‘We let them down’

MMIW

Family urges commissioners not to ignore results of inquiry

An emotional Frances Neumann talks about her sister-in-law Mary Smith John at the National Inquiry into Missing and Murdered Indigenous Women and Girls in Whitehorse. THE CANADIAN PRESS

Frances Neumann searched tirelessly for her missing sister-in-law in Vancouver’s Downtown Eastside, only to learn from a newspaper article she had been dead for years.

Neumann, the first family member to speak publicly at the National Inquiry into Missing and Murdered Indigenous Women and Girls, urged the commissioners not to let Mary Smith John’s death be in vain.

Smith John fled Yukon as a young woman after enduring the loss of an infant son and was found dead of an alcohol overdose in 1982. Neumann said Smith John had been in the company of Gilbert Paul Jordan, known as the “Boozing Barber,” who is believed to have plied multiple women with a lethal dose of liquor.

“We let them down. We did not protect them because they were weak,” Neumann said Tuesday, wiping away tears.

Jordan was convicted of manslaughter in the death of a non-Indigenous woman in 1988. But he was linked to several aboriginal women’s deaths before then, reported APTN in a segment that was played at the hearing. He died in 2006.

“We must stand up for justice for these women that have walked before us. This has been coming (for) many years and I thank Canada for supporting our families,” Neumann said.

“Please, please see this through. We have come up and waited for many years to see the results. Don’t sweep it under the carpet.”

Neumann’s testimony marked an emotional start to the first family hearings.

The commissioners have faced criticism about poor communications and delays. Chief Commissioner Marion Buller began Tuesday’s hearing with an opening statement. She said Canada needs to hear the truth about the violence endured by generations of Indigenous women and girls in order to have a better understanding of systemic violence, to find solutions and heal.

More than 40 people are expected to share their stories this week.

Families have the option of testifying privately to a statement-taker or speaking publicly inside a white tent, where the interior walls are decorated with brightly coloured blankets created by volunteers and chairs are set up in a circle. THE CANADIAN PRESS

BRITISH COLUMBIA

NDP, Greens strike deal; Clark not ready to walk

British Columbia would hold a referendum next year on proportional representation as part of an agreement that would see the NDP form a minority government with the support of the Green party.

The two parties have also agreed to ban corporate and union donations to political parties, as well as contributions from non-residents of B.C. after fundraising became a major issue in this month’s provincial election campaign.

The parties said Tuesday they would use “every tool available” to stop the expansion of Kinder Morgan’s Trans Mountain pipeline, and would refer the Site C hydroelectric dam to the B.C. Utilities Commission to determine its economic viability.

NDP Leader John Horgan said they have a responsibility to “defend” the coastline of British Columbia and that is why the two parties want to stop the pipeline, which would increase tanker traffic seven-fold off B.C.’s coast.

Horgan and Green Leader Andrew Weaver signed the four-year deal in front of their caucuses at the legislature in Victoria.

“The challenge here is to demonstrate to British Columbians, as we are today, that people from different political persuasions can come together in the interest of British Columbians so people don’t fear minority governments, in fact, they embrace them,” Horgan said.

Premier Christy Clark said she is not ready to walk away from office before recalling the legislature to see if she can get support to continue governing.

But Clark appears resigned to losing a confidence motion, opening the way for the second-place NDP to be given a chance to form a government by Lt.-Gov. Judith Guichon.

Ultimately, Clark said, it would be up to the lieutenant-governor to decide whether the NDP gets the green light or whether a new election is called.

THE CANADIAN PRESS

+ PIPELINE

Prime Minister Justin Trudeau is standing by the Kinder Morgan pipeline project, even as the New Democrats and Greens in B.C. are teaming up to fight it.

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Top performers join benefit concert

BRITAIN

'One Love Manchester' show to be held Sunday

A week after a bombing at her Manchester Arena concert killed 22 people, singer Ariana Grande said she and other top stars — including Justin Bieber, Katy Perry, Coldplay and Miley Cyrus — will perform at a benefit concert in the city on Sunday night.

The singer announced Tuesday that the "One Love Manchester" show will be held at the city's Old Trafford cricket ground.

"We will not quit or operate in fear. We won't let this divide us. We won't let hate win," Grande said in a statement. "Our response to this violence must be to come closer together, to help each other, to love more, to sing louder and to live more kindly and generously than we did before."

Ariana Grande and other top stars — including Justin Bieber, Katy Perry, Coldplay and Miley Cyrus — will perform at a benefit concert in Manchester on Sunday night. THE ASSOCIATED PRESS

Meanwhile, Greater Manchester Police briefly asked the public to stay out of a neighbourhood in the nearby town of Wigan on Tuesday as a bomb disposal unit searched for explosives — part of the investigation into the attack that hit Grande's concert.

Officials trying to unmask the network behind Salman Abedi searched a property in Wigan, 20 miles northwest of Manchester, and placed a security cordon around the neighbourhood for several hours.

But London's Metropolitan Police said Tuesday that military support for the counter-terrorism operations is gradually being reduced now that the official threat level has been lowered from "critical" to "severe."

Officials also said extra police staffing that had been added to protect public gatherings over the holiday weekend would be reduced.

The railway station next to Manchester Arena, which had been shut since the blast, reopened Tuesday, easing transport woes for residents.

The return to a level of normalcy followed days of emotional tributes to the Manchester attack victims. Hundreds stood in quiet contemplation at St. Ann's Square, where a sea of cards, flowers and balloons has grown into an impromptu memorial site for those killed and injured in the blast.

THE ASSOCIATED PRESS

SRI LANKA

Tens of thousands still marooned by floods

Tens of thousands of people marooned by severe flooding and mudslides in Sri Lanka remained in relief camps Tuesday, as aid teams bolstered by Indian navy divers and doctors pushed forward with rescue efforts.

At least 194 people have been killed and nearly 100 are missing following the rains that began swamping the southern and western areas of the Indian Ocean island nation last Friday.

The weather has begun to clear, and many of the more than 100,000 people who evacuated over the weekend had returned home to begin clearing debris and mud from their waterlogged homes. More than 80,000 others remained in relief camps because their homes were either destroyed or remain unreachable.

Water levels were slowly starting to recede on Tuesday, but normal road traffic was still not possible, said Predeep Kodipili of the Disaster Management Center.

THE ASSOCIATED PRESS

UN warns that Yemen heading for collapse

The UN humanitarian chief Stephen O'Brien warned Tuesday that civil war is causing Yemen to spiral toward total collapse with the threat of famine increasing and over 55,000 suspected cholera cases since late April.

More than 17 million people desperately need food, including 6.8 million who are "one step away from famine," he said.

O'Brien said the country's "spiral downwards towards a total social, economic and institutional collapse" is a direct consequence of actions by fighters loyal to the former president and Shiite Houthi rebels and their supporters.

But it "is also, sadly, a result of inaction — whether due to inability or indifference — by the international community," he said. THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Wednesday, May 31, 2017

JESSICA ALLEN ON GIMMICK FOOD

Food has morphed from being something that sustains us to something that defines us, usually via social media.

I can't think of a situation in which I would be compelled to order a bowl of cereal at a restaurant. I still have a three-year-old box of Cheerios that's yet to need the green bin.

But despite my personal distaste, cereal cafés and bars are popping up all over the world.

The idea, borrowed perhaps from frozen yogurt chains, is simple: dispense childhood favourites and esoteric brands of cereals —Madrid's The Cereal Lovers boasts over 150 varieties — and provide toppings, like fresh fruit, dried coconut, milk and milk alternatives.

You can imagine the interiors, right? Bright, cheerful, and colourful, not unlike the image of the bowl of cereal that is begging to be shared on social media.

It's a business strategy capitalizing on impulses that, as a non-millennial, I don't have: the desire to see something on Instagram — like an artisanal ice cream sandwich or a Caesar garnished with a grilled shrimp the size of a Buick — and go out of my way to experience and document it.

In fact, when it comes to businesses exploiting the latest food trends, whether it be a sushi burrito or a smoothie bowl, I've become so contrarian that I'll go out of my way *not* to experience them.

But will everyone else, who probably likes fun more than I do, bite? Although U.S. cereal sales have dropped $4 billion since 2000, the New York Times reported last February, "breakfast cereal is a powerful engine of nostalgia," particularly for baby boomers.

Will everyone else, who probably likes fun more than I do, bite?

A mix-and-match bowl of toppings and cereal runs $10 at Toronto's Silo 13, a new cereal bar. EDUARDO LIMA/METRO

So if you build a cereal bar, will the millennials come?

Maybe not. Forty per cent of millennials surveyed in 2015 by the global market research company Mintel admitted "cereal was an inconvenient breakfast choice because they had to clean up after eating it," the New York Times said.

But at Silo 13, a "freestyle cereal bar" that recently opened in Toronto, there are no dishes to wash, and there are gluten-free options.

For $10, you can fill up a plastic bowl from a selection of dozens of cereals, including French, British and American imports (like Twix, which was discontinued here in 2005). They even have Post Cereal's Oreo O's, which can only be procured in South Korea.

Owner David Cai, 30, told me that he and his wife had the idea to open up Silo 13 after visiting IKEA. They saw the wall of dispensers dishing out nuts and bolts and thought it was a great model for serving *something*.

"We both love cereal," he said, and with a little snap, crackle, and pop, the business was born.

Silo 13 had their grand opening Victoria Day weekend. It went well, especially on the Sunday when they "got slammed."

The following Sunday, however, the place was empty, save for me (it was research) and Simon (I made him come). I filled my bowl with eight cereals, not one of which looked or sounded healthy, and chose two per cent milk to top it off. The first bite was euphoric. I was taken back to the kitchen table of my childhood. Was it the Count Chocula? Or the Fruity Pebbles? I can't be certain because every other bite tasted like wet sugar.

I don't think Silo 13 has me in mind as a regular customer. In fact, I wonder if they have regular customers in mind full stop. "We designed the place so that it's Instagrammable," Cai says. "We like to say, 'If you shoot us, tag us.'"

But what are the chances that once you have that social media post, you'll go back for a second? Cereal may have a long shelf-life, but gimmicks don't. So I'm not sure a cereal bar is a sustainable business model.

Take that artisanal ice cream sandwich, for instance. A Metro story recently revealed that despite an influx of hashtag-worthy concoctions, Canadians are actually eating less ice cream.

Food has morphed from being something that sustains us to something that defines us, usually via social media. And since I forgot to Instagram my freestyle cereal bowl, I have no idea who I am.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

The lines around safe spaces aren't there to keep you out

When oppressed groups create spaces for themselves, it's not — drum roll, please — reverse discrimination. It is a response to actual discrimination by creating a place where they (we, depending on the day and event) can safely exist.

The mayor of Paris called for the Nyansapo film festival, a black feminist gathering, to be banned on the basis that it purportedly excluded white people. The organizers say that the public areas had always been intended to be open to people of all races. However, some spaces on private property would be reserved for black people of all genders.

Back in North America, the Alamo Drafthouse Cinema, a movie chain based in Austin, Texas announced it would hold five women-only screenings of Wonder Woman. The connection here to radical politics is a little more tenuous; I'm not sure that a handful of screenings for a corporate summer blockbuster is exactly women's liberation. But the sentiment, a safe space for women to experience an action film, is fine. The reaction was a large helping of the usual: men online complained about sexism.

In both of these we find a deep misunderstanding of how the world works.

Safe spaces are not particularly novel. They have a long and storied history, some of which has a Canadian connection.

Some safe spaces have been entire institutions created to serve people who have experienced systemic discrimination. For example, historically black colleges and universities in the U.S. came about as a response to racist admissions practices at American universities.

Others are about creating a place for communities at the margins to centre themselves while still including others.

The Wonder Woman movie is, according to the New York Times, "the first big-budget movie focused on a female comic book character in more than a decade and the first such movie to be directed by a woman." A handful of showings among thousands does not amount to discriminating against men.

Similarly, the black feminist film festival seeks to give black people a space that is solely theirs within the larger event, and more importantly, within the larger majority-white and anti-black Parisian culture.

It's important when criticizing these spaces to recognize the environments they are created in. All too often, the arguments for free speech forget that speech exists within certain contexts. For women and people of colour, the bigger picture is often one of a world that has chronically excluded them.

When men and white people feel left out or discriminated against by spaces like these, they are expressing their discomfort with boundaries. The lines are drawn to keep the people inside them safe in a world that regularly threatens their peace.

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Alanis Morissette's album Jagged Little Pill is headed to the stage as a musical

Meals with *just 4* ingredients

TORSTAR NEWS SERVICE

RECIPES

Campaign encourages people to cook more at home

There's nothing more encouraging for people trying to cook more for themselves than the words "four-ingredient recipe."

The #4ingredientchallenge fundraising campaign asks chefs and food writers to share filling recipes using just four ingredients (not including basics such as salt, pepper, water and oil) to encourage people to cook more at home, regardless of time, budget or basic kitchen skills.

Here are two of the tested recipes:

Basic Congee

Makes 4 servings.

Ingredients:
- 1 cup (250 mL) long or short grain white rice
- 4 cups (1 L) chicken or vegetable broth
- 4 cups (1 L) water
- Kosher salt and white pepper, to taste
- 2 large eggs
- 2 stalks green onion, chopped

Directions:
1. Using a strainer, rinse rice under cold running water until water almost runs clear. Transfer rice to a large pot. Add broth and water. Bring to a boil. Reduce heat to low and simmer. Half-cover pot with lid and stir occasionally for an hour and a half. Add more liquid if you prefer a thinner congee. Season with salt and pepper.

2. Meanwhile, to make soft-boiled eggs, bring a small pot of water to a boil over high heat. Gently submerge eggs into water and reduce heat to medium. Let eggs simmer for 5 to 7 minutes. Remove eggs from hot water and submerge in cold water for at least 15 minutes before peeling. Slice eggs in half.

3. Divide congee into bowls. Garnish with green onion and sliced eggs.

FUNDRAISER

More recipes are available at cfccanada.ca/4ingredientchallenge with a donation to Community Food Centres Canada.

Sweet Potato Rosti With Miso Salmon and Chard

Makes 4 servings.

Ingredients:
- 1/4 cup (60 mL) white miso paste
- 6 tbsp (90 mL) vegetable or canola oil
- 4 skinless, boneless salmon filets, 6 to 8 oz each
- 2 medium sweet potatoes
- 2 tsp (10 mL) kosher salt, plus more to taste
- 1 bunch swiss chard, leaves and stems separated, both chopped
- Black pepper, to taste
- Lemon wedges, for garnish (optional)

Directions:
1. Preheat oven to 400 F (200 C). Set up a top and middle rack.

2. In a small bowl, whisk miso paste with 2 tbsp (30 mL) of oil and rub all over salmon filets. Place on a lined baking sheet and set aside.

3. Peel and grate sweet potatoes. In a medium-sized bowl, toss potatoes with salt. Let sit for 5 minutes. Squeeze out and discard liquids. Toss potatoes with 2 tbsp (30 mL) oil. In a large, oven-safe skillet, spread potatoes in an even layer. Bake for 25 minutes on middle rack.

4. Fifteen minutes before potatoes are done, add sheet of salmon on to top rack of oven and bake until salmon is slightly browned but still a bit pink in the middle, about 15 minutes.

5. Meanwhile, in a large skillet over medium-high heat, add remaining 2 tbsp (30 mL) of oil. Sauté chopped chard stems until tender, about 5 minutes. Add leaves and sauté together until leaves have wilted and are tender. Season with salt and pepper to taste.

6. Remove salmon and potato from oven. Place salmon filets and swiss chard on top of potatoes in skillet. Garnish with lemon wedges.

TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Naturally made cheese vs. processed cheese product

When it comes to cheese, stick to the real stuff.

PICK THIS

Balderson Royal Canadian Cheddar Cheese

Per serving (1 portion — 21 g)
Calories 90
Fat 8 g
Saturated fat 5 g
Sodium 140 mg
Protein 5 g

SKIP THIS

The Laughing Cow

Per serving (2 portions — 33 g)
Calories 70
Fat 6 g
Saturated fat 3.5 g
Sodium 310 mg
Protein 3 g

HERE'S WHY

Equivalent in sodium to 2 slices of Panago's Quattro Fromaggio Pizza (multigrain, thin crust)

Cheese is a healthy snack when eaten in moderation. It is an excellent source of protein and calcium. However, not all cheese products contain the same ingredients. The Laughing Cow may be lower in calories and fat, but it is a processed cheese product, and contains preservatives. The Balderson cheddar is an aged, naturally made cheese, which also contains less sodium. Remember, the ingredient list is just as important to read as the nutritional information.

SUMMER TREAT

A refreshing pop of mango

Inspired by lassi, the Indian yogurt drink, these refreshingly juicy mango-lassi ice pops are as fun to make as they are to eat.

Mango-Lassi Ice Pops

Makes 10 servings, depending on mould.

Ingredients:
- 1-1/2 cups (375 mL) mango purée — for 1 cup (250 mL) of mango purée, process 2 cups (340 g) of cubed mango in a blender until smooth, then strain.
- 1/2 cup (105 g) sugar
- 1/2 cup (125 mL) plain Greek yogurt
- 1/2 cup (65 g) crushed unsalted pistachios

Directions:
1. In a bowl, whisk together purée and sugar until sugar has dissolved. Stir in yogurt.

2. Sprinkle half of the pistachios into ice-pop moulds and pour mango mixture over top, leaving 1/2 inch (1 cm) of space at top of each mould. Top with remaining pistachios and insert ice-pop sticks.

3. Freeze for six hours or until firm. For easy unmoulding, place under hot running water.

TORSTAR NEWS SERVICE

These fruit purée frozen snacks are just too good not to share.

COURTESY RICARDO LARRIVÉE

Everything is taken care of

55+

Adult living communities popping up in Ottawa

Jen Taplin

The social aspect is a big draw to 55+ communities — people can meet others the same age with similar interests. ISTOCK

After decades of lawn mowing, appliance fixing and all the other headaches associated with home ownership, it's no wonder many boomers are choosing adult living communities where everything is taken care of.

Peter Sagos, Ottawa real estate agent, said there are not a lot of 55+ condos and rentals in Ottawa but more are starting to emerge onto the market.

"Before going into the retirement homes you can go into these condominiums. It's not really downsizing or upsizing, it's moving along and being where your health is," he said.

Most of the adult living communities tend to be outside the city core to offer residents access to golf courses, trails and water. In Ottawa, 55+ communities are usually condominiums or rentals. Single detached homes in a neighbourhood for people over 55 are really rare.

A 55+ rental complex is being built right now in Stittsville in Ottawa's west end. Set to open in 2018, Wellings of Stittsville is an example of the carefree, adult-living communities that are popping up.

Christine Forget, sales manager with the Wellings of Stittsville, said the apartments have similar finishings to a condo but if something breaks, they'll fix it.

"It's more of a vibrant lifestyle community. People are really looking to make connections with others and have that social environment," she said.

The social aspect is a big draw to 55+ communities, she said. People can meet others the same age with similar interests. And 55+ communities are designed for people's comfort as they age.

"A lot of people, if they're looking to downsize from a house, they're looking to find a place where they're not going to have to move again," Forget said.

There's no doubt: an adult-living facility is bound to be more expensive than a typical condo or apartment.

Forget said she looks at it as a rent with a built-in membership to a social club.

"The rent is more than a typical apartment but you're getting so much more," she said. "I had someone come through the other day.... and he said I look at this as an investment in myself because you only have this one life."

Making room

Bob Lobban, an Ottawa downsizing expert with Only Seniors, suggests going into a room you don't use often, closing your eyes and listing off the items in the room.

"About 50 per cent of it is not even remembered," he said. "Say you didn't notice the lamp in the corner, it's a piece of furniture that's always there but you never really use it. It helps them eliminate a lot of the extras they won't need to take with them into the new environment."

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Baby boomers split between downsizing and aging in place

Downsizing retirees are finding a lot to choose from in Ottawa's condominium market.

About three years ago, the city saw a big boom in condo completions and a lot of units poured into the market, said Jean-Sebastien Michel, with CMHC in Ottawa.

Some baby boomers are definitely downsizing into condos, Michel said, but many of them are staying in their homes too.

"The thing about the baby boomers is there is such a large cohort that even a small per centage of them end up affecting the market. They're certainly in the market for condos, but one of the things we're hearing from builders and lenders is a lot of that generation is also choosing to age in place," he said.

Statistics show the 50-59 demographic is the largest group in Ottawa at just over 200,000, Michel said. "They are the ones who are going to retire very soon," he said.

Even if only a small part of that group pops a 'for sale' sign on the lawn to look for smaller digs, it will impact the real estate market.

Michel said another trend shows a decrease in the construction of single detached homes and an increase in new rowhouses.

Three years ago, Ottawa saw a big boom in condo completions. ISTOCK

"The rows are a new norm now, especially in central areas where there's less space to build," Michel said.

That fits with what Eric Cosgrove, real estate agent and former board member of the Council on Aging of Ottawa, is seeing.

Right now in Ottawa there are 458 freehold townhouse listings, Cosgrove said, and very few are semi-detached (side-by-side). Last year there were 908 rowhouses sold, and only nine of them were semi-detached.

335

The approximate number of townhouse condos currently for sale in Ottawa.

But most boomers tend to go for apartment-style condos over rowhouses, he said.

"Zoomers, boomers with an eye to maintaining a healthy lifestyle, a lot will sell a big house and buy a condo apartment with lots of amenities like an exercise centre, pool, and that kind of good stuff," he said.

Cosgrove said he's currently working with a couple who are downsizing from their family home of 50 years to a three-bedroom condo. This scenario is happening more frequently in Ottawa compared to other cities because, being a government town, the average income of retired people in Ottawa is pretty healthy, he said.

The trend now, he added, is developers are targeting boomers with apartment-style condo buildings and rental buildings.

JEN TAPLIN

If you know the lifestyle you want, it's easier to find what you want. ISTOCK

The road to a smaller home

MAKING A MOVE

Planning to downsize is a lot of work

Jen Taplin

When starting down the road to downsizing, there's a lot of thinking to be done.

The first step is to look at the specific issues with the house you're living in now, said Bob Lobban, an Ottawa downsizing expert with Only Seniors.

Is it too big, too costly, too many stairs or too much to maintain?

"So then we sit down and say we've identified where the house has the problems, what is your ideal situation?"

And if that's tricky to pin down, Lobban said think about where you spend most of your time. If it's just the bedroom, bathroom, living room and kitchen — leaving other rooms unused — a smaller space could be better.

"You also look at family and geography: do you want to be closer to your kids?" he said "It's just identifying different trigger points that really give them the incentive to make the change."

But be careful about uprooting to be near family, warned Judy Robinson, author and downsizing consultant with Senior Moves.

It's a good idea to try it out and rent for a while first before committing to a move, she said.

"We find they move to be near the children but the children and grandchildren have a life," she said. "They've given up everything and they moved and it's not always what they thought it would be

It's also a good idea to talk with a financial planner, she said, and also take the time to consider what lifestyle you want.

"By knowing the lifestyle they want, whether they want to be on the water, or golf, go away for the winter or whatever, when you know the lifestyle you want, when it comes to downsizing it's easier to find what you want."

Many people from 50 to 90 are downsizing, she said. Robinson is in her 70s and she said about half of her clients are quite a bit younger.

"They're moving to condos, adult bungalows, something on a golf course or downtown – they're moving to a lifestyle."

Lobban said some baby boomers want a condo where they can turn the key and zip off to Florida for the winter while others are interested in living in communities where their cooking and cleaning is included.

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The down low on condo fees

OPERATING COSTS

Don't know about condo fees? You're not alone

Jen Taplin

The difference in condo fees can be huge. The high end could be $1,200 a month, while the lowest fees could be under $100. ISTOCK

After living in the same house for decades, the idea of condo fees has probably never come up.

And there are a lot of questions: What are they? What do they do for you? How much?

Ottawa real estate agent Eric Cosgrove explained corporations which own condominiums, whether it's apartment style or rowhouse style, do an analysis on the costs of operating the property. They then divide the costs by the number of units to come up with the fee.

"It's for common areas and common services: lobbies and elevators, exercise rooms, outdoor and indoor pools and all that good stuff," he said.

The difference in condo fees can be huge. The high end is typically for the apartment-style condos and could be $1,200 a month. The lowest fees could be under $100 a month.

"So there's quite a range and it depends on what amenities you're paying for."

There's also usually a reserve fund to cover big projects like replacing the windows and if there's not enough money in the pot, condo owners have to provide the funds.

Peter Sagos, Ottawa real estate agent, said condo fees generally go up by at least three per cent a year but there are big upsides to living in condos.

"It's a carefree living which a lot of people like. A lot of people like that you can lock the door and get onto a plane to go somewhere for two or three months and it's not going be broken into," he said.

"It's probably the biggest reason: when people are downsizing sure it's the size, the cost, the potential profit you made through appreciation through the years, but then again it's security."

It might be time to downsize if...

Peter Sagos, Ottawa real estate agent, said if the kids have moved out and it's just you and your dog with six extra rooms you hardly use, it might be time to downsize.

"If they've made the decision to downsize, I try to get them on the beat of trying to remove the furniture in your house because if you're going from a 2,200 square foot home to a 800 square-foot apartment, your furniture doesn't fit," he said.

It's not an easy transition. It tends to be the house where the kids grew up and there's bound to be sentimentality. But Sagos said once people make the decision, they're ready.

Are You Thinking Of Downsizing
Where should we move to next?
What is our house worth in todays market?
What do we do with all our stuff?
What can we do to increase the value of our home and attract more buyers
What is the smartest move for us financially?
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CHECKLIST | 2018 SUBARU WRX

THE BASICS

Engine: 2.0-litre turbo boxer four-cylinder
Output: 268 horsepower, 255 pound-feet of torque
Transmission: Six-speed manual/CVT
Fuel Economy (L/100 km): 11.3 city, 8.5 highway, 10.0 combined (6MT)/12.5 city, 9.6 hwy, 11.2 combined (CVT)
Price: Starting at $29,995

LOVE IT

- Great powertrain
- Excellent price
- New options, features
- Quieter

LEAVE IT

- Waiting for new platform
- Hard to hear exhaust
- Forgettable style

Latest WRX is excitement in motion

REVIEW

Subaru is refining the sport compact

Sami Haj-Assaad
AutoGuide.com

ALL PHOTOS HANDOUT

I'm driving along Kaslo Bay in southwest British Columbia when it hits me. A smile. It's infectious and followed by giggles and wide-eyed excitement.

It's a result of this route, this scenery and a car that feels right at home navigating roads that swing side to side like a pendulum. Despite all the new sport compact cars on the scene, it's the WRX they have to beat.

The 2018 Subaru WRX may not seem very new. It still has the same turbo 2.0-litre boxer engine. It's still only available as a sedan. It's still pretty light at around 1,500 kilograms. It still has a slow infotainment system and no Apple CarPlay or Android Auto support. The interior also won't give you the impression you're in something higher end.

That list of complaints is quickly forgotten once you take the WRX on the road — and glance at the $29,995 asking price. But let's get to what's changed. The front bumper has been revised and the car gets an option for full LED headlights.

Cars equipped with the CVT transmission can get Subaru's EyeSight suite of safety and driver assistance features. These vehicles also can be equipped with an automatic rear braking system.

In terms of performance upgrades, the changes to suspension and steering feel are subtle. The manual transmission and steering have been tweaked as well to be smoother. Additionally, Subaru has revised the mount points for roof racks. The automaker is also offering new performance goodies in the RS Package. There's also a moonroof delete option.

The interior gets new gauges and there are more soft-touch materials in the cabin. The rear armrest now has a cupholder and the front power windows have a power off delay. Finally, Subaru has reduced a significant amount of cabin noise.

The rest of the car is the same old stuff we've liked before and there are no changes here that will upset loyal fans.

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Your local dealer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by dealer.

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SiriusXM DODGE Caravan Kids

Wise customers read the fine print: †, ◊, ‡, ††, ◊◊, ❖, ~, § The Big Spring Inventory Clearout Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating dealers between May 2 – 31, 2017. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Dealer order/trade may be necessary. Dealer may sell for less. †0% purchase financing for 36/72 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: $30,000 financed at 0% for 36/72 months equals 78/156 bi-weekly payments of $385/$192, a total obligation of $30,000 and $0 cost of financing. ◊$6,500 in Total Discounts is available on 2017 Jeep Patriot High Altitude 4x4 and consist of $6,500 in Consumer Cash. See your dealer for complete details. ‡3.49% purchase financing for up to 96 months available on select new 2017 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2017 Jeep Wrangler 2-door Sport 4x4 (23B)/2017 Jeep Patriot Sport 4x2 (25D) with a Purchase Price of $28,326/$18,446 with a $0 down payment, financed at 3.49% for 96 months equals 416 weekly payments of $78/$43 with a cost of borrowing of $4,147.37/$2,261.62 and a total obligation of $32,472.37/$17,707.62. ††1.49% purchase financing for up to 96 months available on select new 2017 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2017 Jeep Cherokee North FWD (24J)/2017 Jeep Grand Cherokee Laredo (32E) with a Purchase Price of $31,980/$41,054 with a $0 down payment, financed at 1.49% for 96 months equals 416 weekly payments of $82/$99 with a cost of borrowing of $1,948.44/$2,376.45 and a total obligation of $33,928.44/$41,381.45. ◊Jeep Bonus Cash is deducted after tax on all 2017 Jeep Cherokee/2017 Jeep Grand Cherokee models between May 2 – 31st, 2017. ❖0% lease financing for 50 months available through SCI Lease Corp. to qualified customers on applicable new 2017 models at participating dealers. SCI provides all credit approval, funding and leasing services. Dealer order/trade may be necessary. Example: Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $38,026 leased at 0% for 50 months with a $500 security deposit, $3,499 down payment and first month's payment due at lease inception equals 50 monthly payments of $342 with a cost of borrowing of $0 and a total obligation of $20,667.05. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your dealer for complete details. ~Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2017 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. Certain features of vehicles shown – e.g., interior colour – may not be offered on all models. See retailer for details. [1]Based on WardsAuto Small Sport Utility segmentation and FCA internal Compact SUV segmentation including Jeep Compass, Jeep Patriot, Chevrolet Trax, Mitsubishi Outlander Sport, Kia Sportage, Hyundai Tucson, and Volkswagen Tiguan. [2]Based on WardsAuto Middle Cross Utility segmentation. Best-in-Class capability based on Jeep Cherokee offering 2-speed power transfer unit (PTU) with rear locking axle, exclusive Jeep Select-Terrain with 5 settings (including rock), and industry first: fully disconnecting drive-line, Best-in-Class towing (excluding 7-8 passenger vehicles), approach angle, departure angle, ramp breakover angle. [3]Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. [4]Based on WardsAuto Sport and Cross Utility segmentations and MSRP of base models. [5]Most Capable Compact SUV Ever is based on historical U.S. unibody C-SUV segment competitors as identified by 2016 CY WardsAuto Small Cross/Utility Vehicle SUV segment (years 1985-2017). 4x4 capability based on Jeep Compact SUV offering low-range power transfer unit (PTU) with 20:1 crawl ratio, low range 4x4 capability. This claim excludes all FCA vehicles. ≥Based on total sales in 2015CY in all SUV segments combined as defined by FCA Canada Inc. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

metro SPORTS

"Sometimes you just got to go and get them and can't hesitate": Nationals star Bryce Harper on his fight with Giants reliever Hunter Strickland

'We're not going there as tourists'

CANADIAN CHAMPIONSHIP

Fury travel to Toronto with advantage and big aspirations

Expect a different Toronto FC on Wednesday as the MLS club looks to rally from a 2-1 deficit against the Ottawa Fury in the second leg of their Canadian championship semifinal.

A week ago in Ottawa, TFC coach Greg Vanney used just one regular starter (Justin Morrow). While Toronto's roster depth is a big reason the club leads the MLS standings at 8-1-5, that particular mix did not work despite the starting unit's combined 840 MLS regular-season games.

Ottawa took a 2-0 lead over the Whitecaps at the same stage of the competition last year, before losing the second leg 3-0 in Vancouver.

Coach and GM Paul Dalglish says the Fury are looking to complete the upset this time.

"We're in a really good moment right now and it's much easier to recover from games when you're winning," Dalglish said in a statement. "We're ready. All the pressure is on TFC, nobody expects us to get anything from the game.

"So I've told the players to enjoy it and savour the moment, but we're not going there as tourists, we're going there to get a result and that's what we're going to do by playing our style of football."

Vanney is likely to field a stronger lineup at BMO Field, urging those involved to show more intensity and concentration this time around against a motivated USL opponent.

Ottawa forward Sito Seoane scored the match winner in last Tuesday's 2-1 win over Toronto FC at TD Place Stadium. The second leg goes Wednesday night in Toronto.
PATRICK DOYLE/THE CANADIAN PRESS

> **You're going to get a team with triple the emotion they had there — with nothing to lose, with everything to gain — in a position of strength right now.**
> TFC coach Greg Vanney is wary of the Fury

"I was disappointed in the group and because of that there will be some changes," Vanney said after training Tuesday.

Vanney expects a fired-up Ottawa team, looking to complete the upset.

"We're going to have to play with equal the emotion and try to be the better soccer team and make more plays," he said.

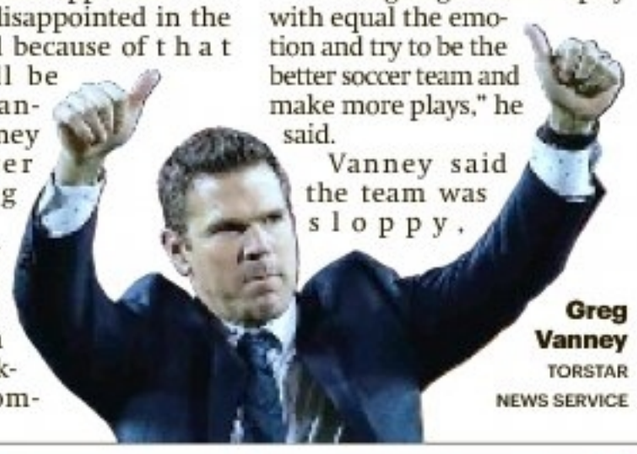
Vanney said the team was sloppy, among other things, in Ottawa. He clearly did not like what he saw.

"I do think there was some complacency in there," he said. "I don't know if I would say the entire group, I think there were sections to it."

He cited a "lack of team-wide attention to detail and concentration" that led to bad decisions. Vanney also pointed to Ottawa's artificial turf perhaps getting into some players' heads.

Added TFC midfielder Jonathan Osorio: "We shouldn't take them lightly. I think maybe we did that in the other game a little bit."

Bottom line, despite a valuable away goal, TFC has made life difficult for itself in its attempt to win its sixth Canadian championship.
THE CANADIAN PRESS



Greg Vanney
TORSTAR NEWS SERVICE

GOLF

Police: No alcohol was in Woods' system

Police say Tiger Woods was asleep at the wheel but had no alcohol in his system when officers spotted his car stopped along a Florida road.

An affidavit released Tuesday said Woods was alone and wearing his seat belt when Jupiter Police officers in Florida found his Mercedes early Monday in the right lane. The car's engine was running and its lights were on.

The report says officers woke Woods, who had "extremely slow and slurred speech" and told them he took several prescriptions.

Tiger Woods
GETTY IMAGES

According to the report, Woods asked how far he was from his Hobe Sound home. Officers said Woods was cooperative but failed a roadside sobriety test. Breath and urine tests showed no alcohol in his system. THE ASSOCIATED PRESS

CFL

Orridge sees 'brand recognition' as legacy

Jeffrey Orridge has some friendly advice for his successor: Stay the course.

Orridge will step down as CFL commissioner June 30 after just over two years on the job. It's unclear if his replacement will be in place when the season begins June 22.

Orridge feels the groundwork for success is already in place.

"I'd say the first thing is to analyse and appreciate the foundation that's been laid and recognize all the things that are going right," Orridge said Tuesday. "The fact we rebranded a couple of years ago, we've now got greater brand recognition." THE CANADIAN PRESS

Jeffrey Orridge
THE CANADIAN PRESS

IN BRIEF

Sens' centre Brassard to have shoulder surgery
The Ottawa Senators announced today that centre Derick Brassard will require surgery to repair a torn labrum in his right shoulder.

Ottawa general manager Pierre Dorion said in a statement that the tear was found through tests following the Senators' playoff series against Pittsburgh. THE CANADIAN PRESS

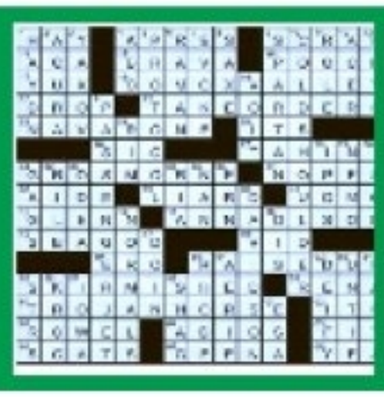
Bouchard rallies in Paris
Eugenie Bouchard is through to the second round of the French Open after posting a 2-6, 6-3, 6-2 win over Japan's Risa Ozaki on Tuesday.

Bouchard, a semifinalist at Roland Garros in 2014, came back from a disastrous first set by dominating the next two. The native of Westmount, Que., was particularly strong in the third when she fired three aces. THE CANADIAN PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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MAKE IT TONIGHT

Creamy Penne Pasta with Asparagus and Peas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The light and creamy sauce of this pasta plays perfectly against tender, juicy spring vegetables.

Ready in 20 minutes
Prep time: 5 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 500g penne
- 1 Tbsp olive oil
- 1 bunch of asparagus, ends snapped off and cut into thirds
- 2 cloves garlic, minced
- 1 shallot, diced
- 2 cups peas
- 1 cup crème fraîche
- 1/4 cup Parmesan cheese
- 1 Tbsp chopped chives

Directions

1. Preheat cast-iron pan over moderate heat. Add a tablespoon of olive oil and asparagus and cook until fork tender, about 8 minutes. Add garlic and shallots and cook until fragrant, about 1 minute.

2. Meanwhile, cook penne according to package directions, about 12 minutes. In the last minute of cooking time, drop peas into the water. Reserve ½ cup of cooking water. Drain pasta and peas.

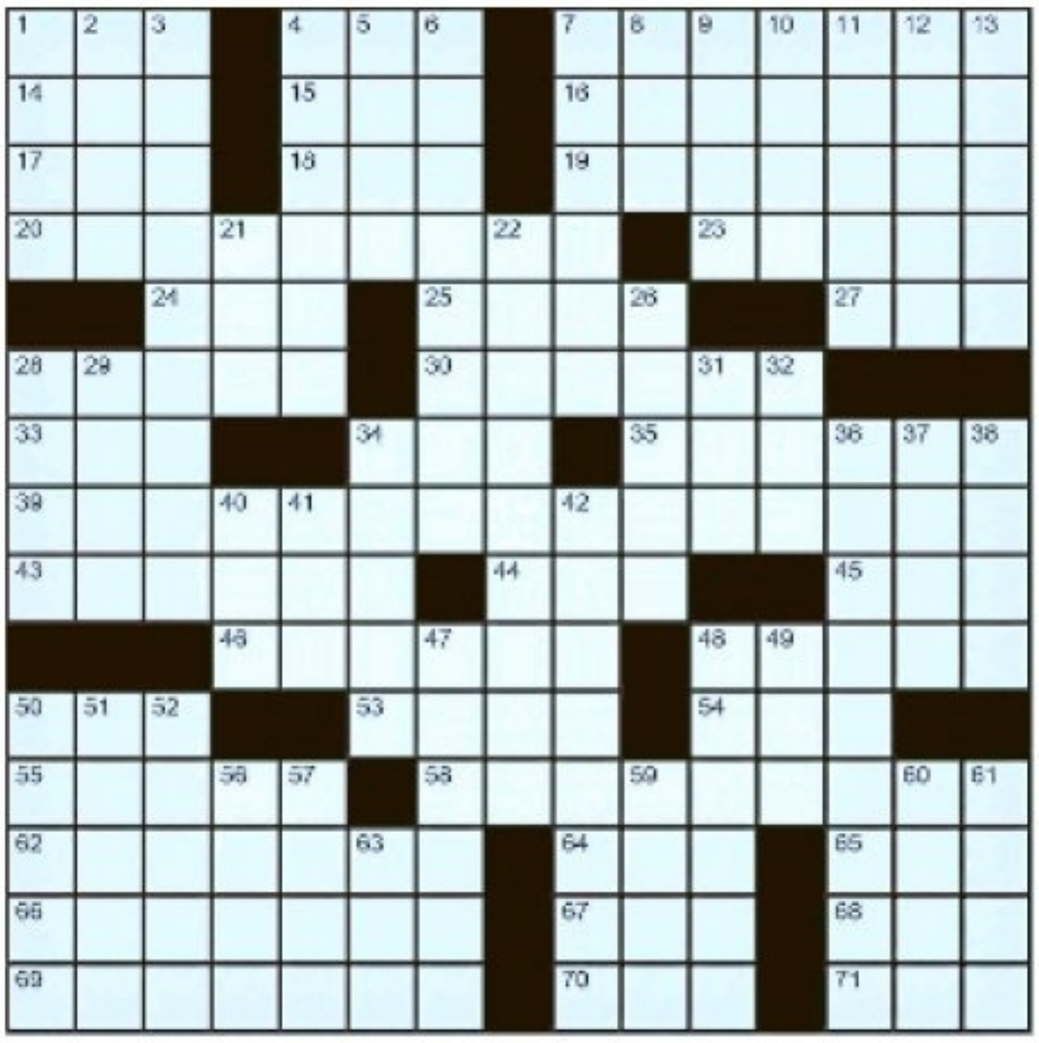
3. Add pasta and peas to skillet with asparagus and toss well. Add the creme fraiche and stir until pasta is coated. Add reserved water a tablespoon at a time to get desired consistency.

4. Sprinkle with Parmesan cheese and season with salt and pepper to taste. Sprinkle with chives and serve right away.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ballpark stat.
4. 'Equal'-meaning prefix
7. Numerous
14. Really long time
15. Queue pre-Q
16. At the ready, as a guard: 2 wds.
17. Rap star, Tone-__
18. Protrude
19. Disney movie race car Herbie the what?: 2 wds.
20. Tall topper, __ hat
23. Arcade game, Whac-_-__
24. Web
25. Hairdo
27. Inky implement
28. Charo's famous expression, when doubled
30. Light up, in verse
33. U2 song
34. Pronounce
35. Swanky neighbourhood of Winnipeg
39. 4th Prime Minister of Canada, from 1892 to 1894: 3 wds.
43. Hosp.'s to-the-patient connection: 2 wds.
44. Rt. __. (Upstanding title, for short)
45. Scand. land
46. "Buffy the Vampire __"
48. Bluegrass music sound
50. One Time link: 2 wds.
53. Nevada casino destination
54. "Watch it!"
55. "Throw __ from the Train" (1987)
58. Sans serif font style
62. Acupressure
64. '_'__ in Ottawa
65. Mr. Mineo
66. Above-to-below wartime attack: 2 wds.
67. Jetta ___ (Volkswagen model)
68. Sample
69. Ten Commandments elev.: 2 wds.
70. "Sure."
71. Union, in downtown Toronto, e.g.

DOWN
1. Photo album posers, e.g.
2. Throw out
3. Presently performing with the philharmonic: 2 wds.
4. Canadian singer/musician/producer whose credits include being a member of "I Cry" trio Bass is Base, Chin __
5. Minestrone __
6. Eyeglasses professional
7. Cirque du __
8. Roxy Music's Brian
9. "__-__-voom!"
10. Chemistry substance, briefly
11. "Hey! Ba-Ba-__-__" by Lionel Hampton and His Orchestra
12. As __ (Usually)
13. Mil. rank: 2 wds.
21. Truck or bus, e.g.
22. "__ Pam" by The Beatles
26. Sofa-turned-bed
28. Thus, in Milan
29. McGill, e.g.
31. Close-mouthed
32. __, date (Food label info)
34. Cut
36. Writers like Charles Lamb
37. Up opposite
38. Blood type: letter + abbr.
40. __ du jour = Juice of the day
41. Angle type, briefly
42. Timepiece art
47. 20th-century violinist Mr. Menuhin
48. Dissertation
49. Drenched
50. "I ___" (2001), Penn/Pfeiffer picture
51. "I've got ___ that ball!" (Two-strikes-down slugger's internal pep talk)
52. Mideast chieftains
56. "__-Mac" by Great Big Sea
57. Deadlocked, __ __ impasse
59. Farewell, to Catullus
60. Buggy
61. Kirk __, "Superman" (1948) star
63. "Chandelier" singer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might see new ways of making money today. You also can see new uses or applications for something you already own. (Clever you!)

Taurus April 21 - May 21
Today your speech with others will be clear and direct. You know what you want, and you're willing to go after it. You also can deduce what is going on behind the scenes.

Gemini May 22 - June 21
Today you see the subtext of things, which means nobody can fool you. You will be able to spot a phony a mile away. It's also a good day for research.

Cancer June 22 - July 23
You might join forces with a friend ora member of a group to introduce reforms and improvements somewhere or somehow. Basically, you want to build a better mousetrap.

Leo July 24 - Aug. 23
Conversations with bosses and parents will be powerful, direct and productive. Basically, you want to improve things and you want their co-operation and support.

Virgo Aug. 24 - Sept. 23
Discussions about politics, religion, philosophy or racial issues will be deep and profound today. Nothing will be light and casual. Get ready.

Libra Sept. 24 - Oct. 23
You want to get to the bottom of things when it comes to inheritances or discussions about shared property today. You don't want glib answers. You want the facts

Scorpio Oct. 24 - Nov. 22
You might attract someone powerful today. This person might ask you penetrating questions. It's also possible that the opposite will occur

Sagittarius Nov. 23 - Dec. 21
Your main motivation at work today will be to see how to make improvements around you. You also might want to explain the details of how something works to someone.

Capricorn Dec. 22 - Jan. 20
Today you might have an opportunity to teach children something important. Meanwhile, romantic conversations will be direct, and perhaps blunt, and focus on ways to improve the relationship itself.

Aquarius Jan. 21 - Feb. 19
Family discussions are strong and powerful today. Basically, people are looking for ways to improve things, especially in their immediate surroundings.

Pisces
Feb. 20 - March 20
Today you have X-ray vision, which is why you practically can read the minds of others. During discussions, you will be persuasive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Prostate Cancer Canada

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